



Mental Health: Worksheet

1. Define mental health.
2. List three common types of mental disorders.
3. What are the general characteristics of mental disorders?
4. What are three healthy coping methods you can use to help regulate your emotions?



5. Give two reasons why you think mental health promotion and mental illness prevention should be developed.

6. Suppose Mike is one of your friends who is not good at math. He always feels stressed and can't fall asleep before math exams. This negative experience and pressure makes him more reluctant to learn and review math. What is some advice you can give Mike to help him out of this vicious cycle, build his confidence, and relieve his stress?